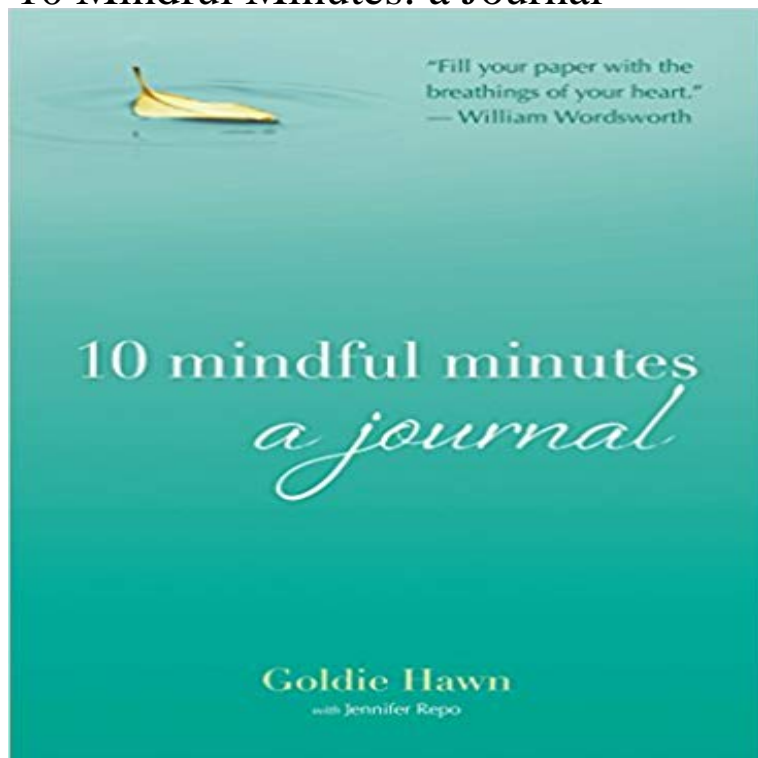


## 10 Mindful Minutes: a Journal



This journal provides prompts and exercises to guide you to a fuller practice of mindfulness no matter what your current level of experience. Inspired by Goldies 10 Mindful Minutes, which offered parents simple and effective ways to create calmer, kinder, happier families (USA TODAY), this work helps anyone focus on specific qualities from optimism or gratitude to anger or fear that can be enhanced or helped by a meditative practice. The prompts, which address these specific desires or concerns, are supported by Goldies own observations and reflections as well as simple yet effective exercises that will help you strengthen your own resolve.

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